

# Live It Up

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Terry Hogan (AUS) & Simon Ward (AUS)  
音樂: Let's Live It Up - Paul Brandt



1-2            Rock/step right foot to the side, rock/replace weight onto left  
3-4            Step right across in front of left, brush left foot toward left diagonal  
5-6            Step down on left, step right across in front of left  
7-8            Step left to the side, step right across in front of left

9-10            Make ¼ turn left on ball of right foot & step left foot forward, hold  
11-12            Make ¼ turn left on ball of left foot & right toe strut backward  
13-14            Make ¼ turn left on ball of right foot & left heel strut forward  
15-16            Make ¼ turn left on ball of left foot & right toe strut backward

**These steps should make a box or square pattern**

17-18            Left toe strut backward - facing your starting wall  
19-20            Step right foot beside left, step left forward  
21-22            Step right foot to the side, step left to the side  
23-24            Pop/push right knee forward & toward left knee raising heel, drop heel taking weight on right foot

25-26            Transfer weight to left foot, step right across in front of left  
27-28            Step left to the side, flick the right foot across behind left knee  
29-30            Step right foot to the side, hold  
31-32            Swivel/fan right heel outward turning knee inward, hold

33-34            Bend right knee, straighten knee - left leg stays straight, this will cause a hip drop & the right side of the body to swing forward - right toe is turned in  
35-36            Bend right knee, straighten knee (as above)  
37-38            Step left to the side & make ¼ turn left, step right beside but slightly apart from left foot  
39-40            Swivet to the right, center - use ball of left foot & heel of right & twist so that both toes face the right, then return to center

41-43            Step left to the side, step right across behind left, rock/step left to the side  
44-46            Step right to the side, step left across behind right, rock/step right to the side  
47-48            Step left to the side, step right across in front of left

49-50            Make ¼ turn left on ball of right foot & step left foot forward, hold  
51-52            Make ½ turn left on ball of left foot & step right foot backward, hold  
53-54            Step left foot backward, step right beside left  
55-56            Step left foot forward, scuff right foot forward

57-58            Step right forward, step left forward to lock behind right  
59-60            Step right forward, step left forward to lock behind right

**As you step forward on the lock steps, turn the upper body slightly to the left so that the right shoulder is forward.**

61-62            Step right forward, scuff left foot forward  
63                Step left foot forward & make ½ turn right  
64                Touch right foot beside left

**REPEAT**

**TAG**

When dancing to "Let's Live It Up" by Paul Brandt, after wall 2, do counts 1-35 as per the step sheet, then hold for count 36, then restart the dance from count 1. Then do 3 complete walls and do the same restart again.

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